

# Improving health literacy, self efficacy and personal skills: towards culturally tailored behavioural interventions for African women

Citation for published version (APA):

Onoya-Saleh, D. (2010). *Improving health literacy, self efficacy and personal skills: towards culturally tailored behavioural interventions for African women*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20100506do>

## Document status and date:

Published: 01/01/2010

## DOI:

[10.26481/dis.20100506do](https://doi.org/10.26481/dis.20100506do)

## Document Version:

Publisher's PDF, also known as Version of record

## Please check the document version of this publication:

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## **Improving health, literacy, self-efficacy and personal skills**

### **Propositions**

1. Women's motivation for negotiating condom use in their relationships is primarily influenced by their desire to please their partners.
2. Young South African women need more training in how to appropriately communicate their desire to use condoms (this thesis).
3. For South African HIV-positive and HIV-negative black women the fear of stigma because of HIV/AIDS is the biggest barrier to participate in HIV/AIDS efficacy trials (this thesis).
4. Dry sex among HIV-negative women is primarily determined by the preference for dry sex of a dominant male partner (this thesis).
5. Interventions to enhance condom use by HIV-positive black South African women need to focus on the reinforcement of self-confidence (this thesis).
6. A lot of time and money is wasted because too many HIV health promotion programmes are not adequately based on a systematic planning and development process for such interventions.
7. HIV behavioural interventions for South African women have to be associated with poverty alleviation initiatives.
8. Behavioural interventions that promote condom use among women need to be accompanied by behavioural interventions specific to men.